

Long Beach Junior Crew Summer Camp

Information:

LBJC's summer rowing program is designed to introduce junior high and high school students to the sport of rowing. We will teach them the basics of both styles of rowing, sweep rowing and sculling, as well as erging (indoor rowing machines) and coxing (steering a boat). The athletes will be separated into groups based on age. The first three sessions will be introductory; we will be teaching new rowers how to row as well as improving the technique of those who are already familiar with the rowing stroke. The last session will last for three weeks and will be for intermediate athletes. This session will culminate in an exhibition race and pot-luck dinner/ BBQ. We will provide racing t-shirts for those participating in the third session. Information will be available there for the competitive and recreational teams that begin in September.

Camp Sessions- All run Monday through Friday. There will be an additional charge of \$10 for those who register the morning of the first day.

Session 1- For beginners and returning participants (\$200)

June 16th-27th

9-11 am group

4-6 pm group

Session 2- For beginners and returning participants (\$200)

July 7th-18th

9-11 am group

4-6 pm group

Session 3- For beginners and returning participants (\$200)

July 21st- August 1st

9-11 am group

4-6 pm group

Session 4- For intermediate athletes. (\$320)

August 4th –August 22nd

This session will culminate in a race held at Marine Stadium on August 22nd. There will be a pot-luck dinner and BBQ for all spectators. All participants will get a racing t-shirt.
4-6 pm

For additional information and inquiries, please email:

Tim Humphrey timjimlee@mac.com

Allie Greene alliegreene@mac.com

Or call:

Tim Humphrey 562 676-7996

Allie Greene 562 225-2025

Please indicate which sessions your child would like to participate in and which group.
Send this form back to us.

Sessions _____ Group _____

Participant Information

Name _____

Age _____ Grade _____ DOB _____

School _____

Parent/Guardian Information

Name _____

Home Address _____

Email _____

Please send check and registration forms to:

LBJC Summer Camp

5318 East Second Street

PMB 366

Long Beach, CA 90803